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USDA BULLETIN BOARD

Broadcast by Ruth Van Deman, Bureau of Human Nutrition and Home Economics, in the Department of Agriculture's portion of the National Farm and Home Hour, Thursday, November 4, 1943, over stations associated with the Blue Network.

VAN DEMAN: I have here three packages that look something like small bricks. One shows red through its cellophane wrapper. It's compressed dehydrated beets, another is compressed dehydrated cabbage. The third package...it's a waxed cardboard box...contains compressed dehydrated eggs.

Compressing these foods is carrying dehydration one step further. The removal of water takes away most of the weight of these foods and a lot of the bulk. Now the bulk is still further reduced by compressing the dehydrated foods.

Compressing saves transportation space. Think of the number of beets it takes to feed 25 persons....if you're a man, you probably think of the number you would have to dig and bring to the house, and if you're a woman, think how many you would have to cook to feed 25. Now this one-pound brick that I have here and that is only about the size of a nickel match box, has dehydrated compressed beets enough to serve 25 persons.

And another point about compressed food. It not only takes less room in railroad cars, trucks, and ships...it also takes less tin and other metal for containers. And there is a saving of the vitamins. Evidently when the air is pressed out of these food-bricks the vitamins stay intact longer.

Compressed food is one of the many forms of food that fights for freedom. To make food in all its forms fight on our side, it's our job to "produce and conserve -- share and play square."

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